

### Abstract of the Disclosure

A method of treating excessive blood lipid levels in humans is described. The treatment includes a daily dosage of food supplements available over-the-counter without a prescription. The supplements are fish oil concentrate, niacin (flush free), and lecithin.

- 5 In the preferred embodiment two 500mg tablets of niacin, 2 1200mg soft gels of lecithin, and two 1250mg soft gels of fish oil concentrate are administered orally once to twice per day.